



# Chelan-Douglas Health District

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**FOR IMMEDIATE RELEASE**  
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## Hot Weather Alert & Cooling Centers

East Wenatchee, WA – A long, record-breaking heatwave will impact the Pacific Northwest. The National Weather Service is forecasting temperatures of up to 110 degrees beginning this weekend. Learn more about the forecasted heatwave at: <https://www.weather.gov/>.

Potential health impacts due to heatwaves include: increase in water-related accidents, heat-sensitive infrastructure (i.e., road/rail buckling, sagging power lines), increase in heat-related illnesses and power outages that could limit access to cooling.

Follow these steps to avoid heat-related accidents and illnesses:

- Consider cancelling outdoor activities during the heat of the day, (10 am and 4 pm);
- Never leave children or pets in a vehicle;
- Stay hydrated by drinking plenty of fluids, but avoid beverages that contain alcohol, caffeine or a lot of sugar; and
- If possible, use air conditioning units or remain in a cool place. For additional information visit: <https://www.doh.wa.gov/emergencies/bepreparedbesafe/severeweatherandnaturaldisasters/hotweathersafety>.

If you don't have access to an air conditioner, the following facilities are available as cooling centers:

- **Town Toyota Center:** 1300 Walla Walla Ave, Wenatchee; open 24 hours a day starting on June 26, 2021.
- **Wenatchee Library:** 310 Douglas St; hours of operation, Mon.-Thurs. 10am -7pm, Fri. 10am-6pm, Sat. & Sun. 10am-5pm.
- **East Wenatchee Library:** 271 9<sup>th</sup> Street NE; hours of operation, Mon. 10am-2pm, Tue. –Thurs. 10am-7pm, Fri. 10am-2pm, Sat. & Sun. closed.

For additional locations of Cooling Centers go to: <https://www.facebook.com/ChelanDouglasHD>.

CDHD wants to remind its residents that heat-related illnesses like heat strokes, heat exhaustion, heat cramps, sunburn and heat rashes are preventable. Seek medical attention if you are experiencing severe symptoms such as high body temperature, heavy sweating, fainting, dizziness, nausea, headaches or muscle cramps. For additional information visit: <https://www.cdc.gov/disasters/extremeheat/warning.html>.

To stay informed on local public health, visit [www.cdhd.wa.gov](http://www.cdhd.wa.gov) and follow CDHD on [Facebook](#), [Twitter](#) and [Instagram](#).

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